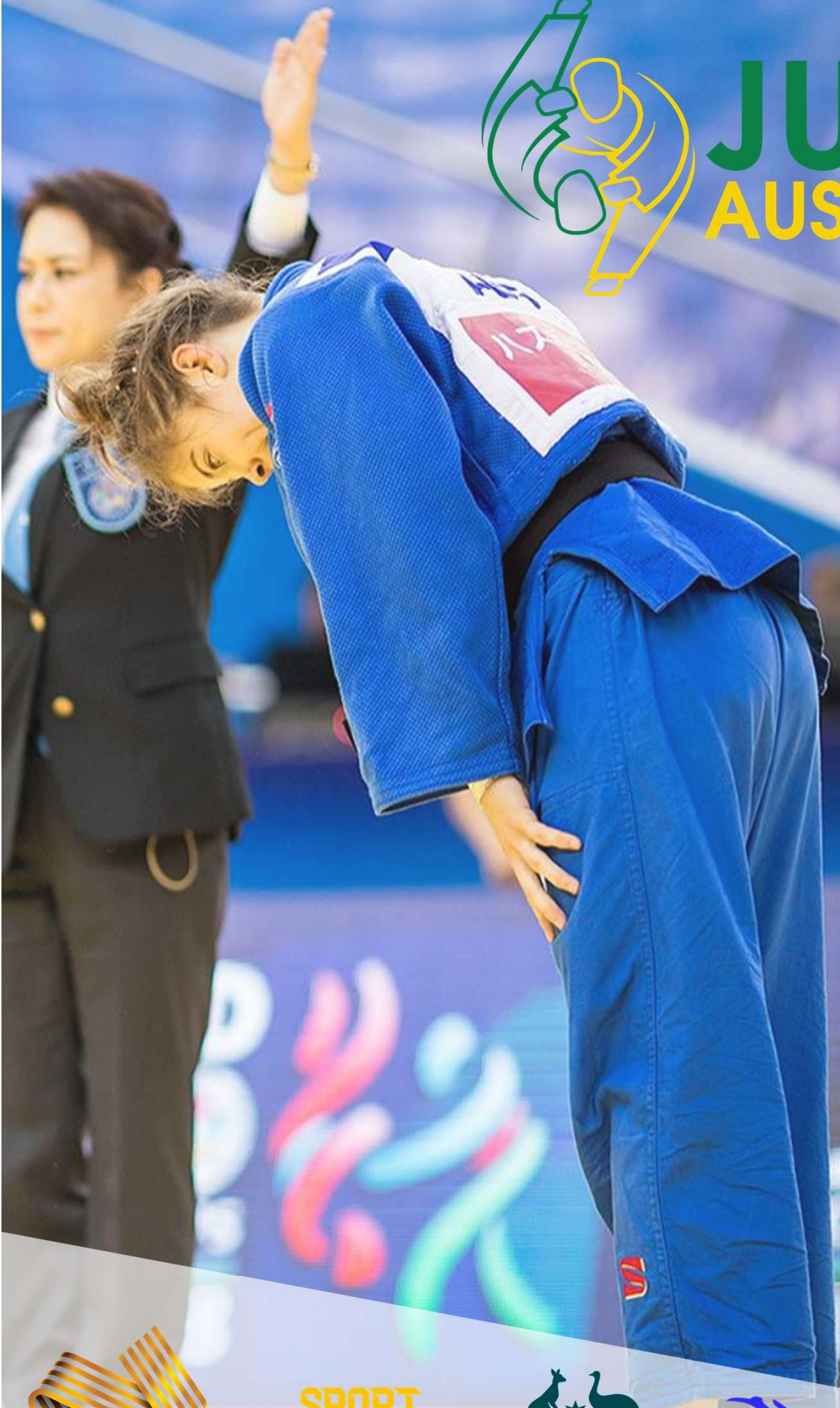




# JUDO AUSTRALIA





Judo Australia (JA) is the national sporting organisation responsible for the management, development and promotion of Judo in Australia.

The organisation is a member of the International Judo Federation, the Oceania Judo Union and the Australian Olympic Committee. Sport Australia, the Australian Institute of Sport and Commonwealth Games Australia are the organisation's key funding partners.

JA comprises eight Member States and over 200 affiliated clubs nationally.

## JA STRATEGIC PILLARS

### PROFILE

We will enhance the Judo brand and build a sustainable national sports business


### PARTICIPATION

We will make Judo more accessible, relevant and rewarding for all Australians

### PERFORMANCE

We will deliver national athletes and teams that inspire and excite Australia





Judo is a challenging and dynamic Olympic sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponent onto their backs. On the ground, it includes techniques that allow you to pin your opponent down to the ground and control them.

Judo, which means "**gentle way**" in Japanese, is a martial art created in Japan by Jigoro Kano in 1882. It is the most widely-practiced martial art in the world, and the "**second-most practiced sport worldwide behind football**".

As much a way of life as it is a sport, Judo develops self-discipline and lays its foundation on respect for one's self and others.





**JUDO**  
AUSTRALIA

## Key Partners



**AIS**

**SPORT**  
**AUS**



**KU SAKURA**

**\* KUKRI**



# Programs

Judo Australia has a National High Performance Program which delivers elite level athletes, competitive at the highest international level. Our elite athletes and coaching staff work extremely hard to best prepare to achieve success at the Olympics, World Championships, Commonwealth Games and the elite IJF World Tour events held every year.

Our athletes are currently working even harder around the world competing at these international events as they seek to qualify for the 2020 Tokyo Olympics.

Judo is an inclusive and engaging sport which is suitable for people of all ages and all abilities. In addition to our elite programs, Judo Australia along with our Member States and affiliated club network are able to offer competitive and recreational participation opportunities for everyone on a regular basis in the club environment.



No Limits Judo offers people with special needs the opportunity to participate as productive and respected members of the judo community.

No Limits Judo offers a fair opportunity for Judoka to develop and demonstrate their skills and talents through judo training and competition. NL Judo also increases the public's awareness of their capabilities and needs.

*Judo 4 Kids* is an introductory program combining fun and physical activity for children along with the learning of fundamental judo techniques, terminology and values; including friendship and respect, that will stay with them throughout their lives.

Judo has a strong moral culture that can enrich children's lives from the mat to their everyday life.



# THE JUDO MORAL CODE

## HONOUR

To do what is right

## COURAGE

To face difficulties with  
bravery

## POLITENESS

To be polite to others always

## SELF-CONTROL

To be in control of your emotions

## FRIENDSHIP

To be a good companion and friend

## SINCERITY

Thinking and acting without falsehood

## MODESTY

To be without ego in your thoughts and actions

## RESPECT

To appreciate others and their differences



JIGORO KANO  
FOUNDER OF JUDO  
1882





## Our Vision

To have more people positively engaging with Judo, in more places, more often – for life!

## Our Purpose

To get more Australians engaging with Judo in meaningful and positive ways. We will provide more opportunities, for more people, to take part more often and to stay involved with Judo as social or competitive players and as coaches, officials, supporters or volunteers.







**Judo is the  
best initial  
training sport  
for children  
and young  
people aged  
4-21 years**


### **Judo Improves**

- Fitness
- Self-confidence
- Self-esteem
- Self-discipline
- Social skills
- Personal appearance and hygiene
- School attendance
- School grades

### **Judo Decreases**

- Violent behaviour
- Bad attitudes
- Bullying
- Bad language
- Disruptive behaviour





Judo is one of  
the safest  
contact sports  
for children

Judo develops  
increased  
cardiovascular fitness,  
anaerobic capacity,  
flexibility, strength,  
power and improved  
body composition  
with judo training

One of judo's major  
principles, *seiryoku zenyo*,  
can be translated as “**the  
most effective use of one's  
spiritual and physical  
strength**”





# Judo is returning home for the Tokyo 2020 Olympics

*24<sup>th</sup> July– 9<sup>th</sup> August*

Judo is one of only 6 sports that will have an equal number of male and female athletes competing at the Olympic Games.

There will also be for the first time a mixed teams event in Judo.







[www.ausjudo.com.au](http://www.ausjudo.com.au)